

Foundations of Treatment

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Documented Medical Approaches

Tested Medications

- desipramine
- imipramine
- fluoxetine (Prozac)
- maprotiline (Lumiomil)
- gepirone
- amantadine
- bromocriptine
- bupropion
- tyrosine

Successful Medications

NIDA Therapy Manuals for Drug Addiction

Behavioral and cognitive treatment approaches proven
effective through research

**Manual 1: A Cognitive-Behavioral Approach:
Treating Cocaine Addiction**

**Manual 2: A Community Reinforcement Plus
Vouchers Approach: Treating Cocaine
Addiction**

**Manual 3: An Individual Counseling Approach to
Treat Cocaine Addiction: The
Collaborative Cocaine Treatment
Study Model**

Empirically Demonstrating Treatment Efficacy

- Gold standard requires randomized clinical
trial
- Research has focused on both
psychosocial and pharmacological
treatments for stimulant abuse disorders
- Research on cocaine users extrapolated to
MA and other stimulant users

**Cognitive Behavioral
Therapy/Relapse Prevention**

- Systematically teaching clients refusal and problem-solving skills, and to cope with craving
- Functional analyses of substance use
- Examining substance use cognitions
- Identifying high-risk situations
- Encouraging extra-session implementation of skills
- Practicing skills during sessions

Contingency Management

- Incentives to increase retention and abstinence
- Used independently from Community Reinforcement
- Incentives have included: gold stars, restaurant coupons, inexpensive gifts, points, scheduling perks

**Community Reinforcement
Approach + Voucher**

- Refusal skills training
- Individualized treatment promoting lifestyle change and social skills (marriage, employment, social networks, recreational, self-help)
- Incentives to increase retention and abstinence

Motivational Interviewing

- Express empathy
- Develop discrepancy
- Avoid argumentation
- Support self-efficacy
